

Water - replaced daily.

- flooded daily to remove surface dust.

- daily cleaning done at night.

- pool used until 9 at night -

1st cleaning - at 1 A.M. 2nd - 4 hr. later

- pool flooded at 8 o'clock.

- in use at 9 o'clock.

Source - city chemist.

- hardness.

- algae - use of copper sulphate.

Clarity - 1) Inefficient filters

2) Use of too much alum.

3) Insufficient rinsing of suits.

4) Inadequate rinsing of soap from bathers' bodies.

Temp. Water 75°

Air 80°.

1) Instruction pool - water 75° - 80° F.

2) Swimming pool - " 72° - 75° F.

3) Plunge 65° - 70° F.

Sterily. Bacteriological exam. - weekly.

FIGURE SKATING

Figure Skating Notes

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Equipment

Boots - Best boots made to measure.
The main thing is to ensure
a tight fit around the
heel & ankle.

Be sure that the heel
cannot move inside the boot.
Never have boots fitted over
heavy socks.

Boots should be about 8 inches
high.

Skates - The skates should be fastened
to the boot slightly inside
the centre line that runs from
the toe to the heel.

The blade should be dead
central to the back of the
heel of the boot.

The point central to the toe of
the boot when looked on from
above.

Then the whole skate will be
under the ball of the foot
well to the inside of the
boot sole.

If blade is correct you will find
that you can move your
skate easily each way.

The skate should fit hard up against the toe, project about a half inch behind the heel.

Dress - It is as important to dress properly for skating as any other sport.

The accepted style for skirts and dresses has a full, circular, gored or pleated skirt which flows from the hip line.

The skirt is never below the knee-cap.

Good sense + a certain amount of fashion should dictate the rest of the costume.

Plain Skating

The beginner should try at first to walk rather than slide, keeping the weight of the body slightly forward. As soon as a sense of balance is gained, he should push off sideways with the unemployed foot, & take care not to bang the other down on the ice. Be natural and relaxed, relaxation permits and encourages proper balance, body rhythm and graceful, easy skating. The arms swing forward in unison with the feet, & each arm goes back when the corresponding foot goes back, thus helping to maintain balance.

Keep the weight over the skating foot. Skate with long rhythmic glides. The 2 most important secrets of skating are.

- 1) Bending the employed knee - the knee of the foot on the ice.
- 2) Upright carriage from the waist.

The corners

These are taken by keeping the weight on the inside foot, bring the outside foot across in front, transferring the weight. These should be taken in long slow glides in rhythm with straight ahead skating.

- the free hip, knee & foot out, point the toe.

In motion.

About half way around the circle the free leg comes slowly forward, close to the tracing leg, as it passes the shoulders change. The free arm coming forward & the tracing arm back. Knee of skating foot is bent until free foot passes. Keep the body upright over the tracing foot.

● Change of Foot.

On returning to the centre, go to within a foot or so of the starting line, take the free foot back to the tracing foot on to the inside edge of the skate, & push off on to a true F.O. edge, on the other foot, with a well-bent knee, & repeat the above.

This eight, like every school figure, should be repeated 3 times on each foot, going over the same lines as smoothly as possible.

Always keep hands low, about waist level.

Mixed Inside Edges.

Starting Position.



(L.)

The starting position is always from rest.
Mt. on the Mt. foot which is held at rt. is to the rt. foot.
Lt. shoulder + arm held forward, slightly across the body, & held a little lower than the left.
Never push off with the picks.

The Push Off.

The tracing foot is lifted forward off the ice, bring it back to the free foot, without putting it on the ice. Bend the knees well, & then push off on the tracing foot, along the short axis for a foot or two, on a true F. I. edge, lift the free foot off the ice at once, turn the free hip, knee & foot out, pointing the toe, & stretch the free leg out behind, just inside the tracing line. Keep the body upright over the tracing hip, & the arms low throughout the figure. Skate on the back part of the skate.

● The two most important secrets of skating are -

- 1) Bending the employed knee.
(ie.) the knee of the foot on the ice &
- 2) Upright carriage from the waist up.

Turns.

These are taken by heeling the weight on the inside foot, bringing the outside foot across in front & transferring the weight.

● These should be taken in long slow slides, in rhythm with the straight ahead skating.

Edges.

After becoming accustomed to figure skates, the skater will find that he can travel in 3 ways.

- 1) On the flat of the blade, progressing in a straight line.
- 2) On the outside edge progressing in a circle.
- 3) On the inside edge, progressing in a circle.

● When on an inside edge, the skater must lean towards the inside of the circle, bend the knee, and bring the free foot forward.

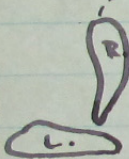
When on an outside edge, the whole body must be persuaded to lean over in a straight line with the foot.

Always look towards the centre of your circle.

Gradually lengthen the time you can remain on one foot + make a complete circle.

Forward Outside Edges.

Starting Position.

 The starting position is always from rest. Weight on Lt. foot which is held at rt. 12 to rt. foot. Rt. shoulder + arm held forward, slightly across the body + held a little lower than the left. Never push off with the picks.

The Push-off.

The tracing foot is lifted forward off the ice, bring it back to the instep again, without putting it on the ice. Bend the knees well, + then push off on the tracing foot - along the short axis for a foot or 2. on a true F.O. edge, lift the free foot right off the ice, at once turn

● In motion.

The same as the F.O. edge.

About half-way round the circle, look towards the centre, take the free leg slowly forward, passing the free foot close to the tracing foot, & just as it passes it, take the tracing arm slowly forward, & the free arm slightly back.

Change of Feet.

On returning to the centre, go to within a foot or two of the starting line, take the free foot back to the tracing foot, turn the tracing toe out quickly, & on a firm inside edge of the skate, & push off on to a true F.I. edge, on the other foot, with a well bent knee, just across the tracing of the starting line, & repeat the above.

Do the figure at least 3 times on each foot.

Keep hands low, about waist level.



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